

Litany of Humility

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,	<i>Deliver me, Jesus.</i>
From the desire of being loved,	<i>Deliver me, Jesus.</i>
From the desire of being extolled,	<i>Deliver me, Jesus.</i>
From the desire of being honored,	<i>Deliver me, Jesus.</i>
From the desire of being praised,	<i>Deliver me, Jesus.</i>
From the desire of being preferred to others,	<i>Deliver me, Jesus.</i>
From the desire of being consulted,	<i>Deliver me, Jesus.</i>
From the desire of being approved,	<i>Deliver me, Jesus.</i>
From the desire to be right,	<i>Deliver me, Jesus.</i>
From the desire to be in control,	<i>Deliver me, Jesus.</i>

From the fear of being humiliated,	<i>Deliver me, Jesus.</i>
From the fear of being despised,	<i>Deliver me, Jesus.</i>
From the fear of suffering rebukes,	<i>Deliver me, Jesus.</i>
From the fear of being calumniated,	<i>Deliver me, Jesus.</i>
From the fear of being forgotten,	<i>Deliver me, Jesus.</i>
From the fear of being ridiculed,	<i>Deliver me, Jesus.</i>
From the fear of being wronged,	<i>Deliver me, Jesus.</i>
From the fear of being suspected,	<i>Deliver me, Jesus.</i>

That others may be loved more than I,	<i>Jesus, grant me the grace to desire it.</i>
That others may be esteemed more than I,	<i>Jesus, grant me the grace to desire it.</i>
That, in the opinion of the world, others may increase and I may decrease,	<i>Jesus, grant me the grace to desire it.</i>
That others may be chosen and I set aside,	<i>Jesus, grant me the grace to desire it.</i>
That others may be praised and I unnoticed,	<i>Jesus, grant me the grace to desire it.</i>
That others may be preferred to me in everything,	<i>Jesus, grant me the grace to desire it.</i>
That others may become holier than I, provided that I may become as holy as I should,	<i>Jesus, grant me the grace to desire it.</i>

